

**Child and Adult Care Food Program**
**Adult Centers Weekly Menu #3 • Lunch and AM Snack**

Center:

Week of:

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack – <i>Select 2 of the 4 components:</i></b>					
1. <b>Milk</b> (1 cup)					
2. <b>Meat or Meat Alternate</b> Meat, Poultry or Fish (1 oz.) <b>or</b> Alternate Protein Products (1 oz.) <b>or</b> Cheese (1 oz.) <b>or</b> Egg (1) <b>or</b> Peanut Butter (2 Tbsp.) <b>or</b> Cooked Dried Beans and Peas (¼ cup) <b>or</b> Yogurt (½ cup)					
3. <b>Juice or Fruit or Vegetable</b> (½ cup)					
4. <b>Grains/Breads</b> (1 serving*) Bread (1 slice) <b>or</b> Cereal (¾ cup) <b>or</b> Enriched Pasta and Grains (½ cup)					
Other foods ( <b>Do Not Count</b> )					
<b>Lunch</b>					
<b>Milk</b> (1 cup)					
<b>Meat/Meat Alternate</b> Meat, Poultry or Fish (2 oz.) <b>or</b> Alternate Protein Products (2 oz.) <b>or</b> Cheese (2 oz.) <b>or</b> Egg (1) <b>or</b> Peanut Butter (4 Tbsp.) <b>or</b> Cooked Dried Beans and Peas (½ cup) <b>or</b> Yogurt (1 cup)					
<b>Grains/ Breads</b> (2 servings*) Bread (2 slices) <b>or</b> Cold Cereal (1½ cups) <b>or</b> Hot Cereal (1 cup)	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.
<b>Fruits and/or Vegetables</b> (two or more different servings for 1 cup total)	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.
Other foods ( <b>Do Not Count</b> )					

\*See "Serving Sizes for Grains/Breads in the CACFP" for specific serving sizes.